



Welcome to October-November 2016!

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Revised Membership Dues! Time to Renew or Join!!

Upon the recommendation of the Membership Committee, the Board has endorsed a revised schedule of membership dues:
Associate Level = Single \$120, only \$100 in single payment;
Household \$180. *Full Level* = Single \$480; Household \$590.

Contact the office to join or renew your membership.



Magic In the Air!

How *did* the three colored scarves move from the table on the left to the rack on the right? How could even The Great Frankini take 16 boxes out of an empty cylinder? Did he really find the fire tasty? What ingredients created the multiple delicious dishes on the buffet? Who are these cheerful, friendly folks gathered to examine the silent auction items, and meet new neighbors?

These were among the delights enjoyed by 80 or so guests at the CHPV Gala Benefit on Sunday, October 2, at the Polo Café (3322 S. Morgan), from 11-3.



Among the Event creators: The Great Frankini (aka Frank Glab), Margaret Huyck, Chef Dave Samber (owner of Polo Café), Carol Cross, Lauren Alspaugh, Cindy Pardo, Josie Disterhoft, Ava Salonis, Susan Alitto, Rita McCarthy, Marianne Crusius; Missing – Kathy Huff, Nancy Levner, Melissa Shakman, Rod Sawyer

The process of crafting such a fine event was captured by one of our in-group poets (who hopes to remain anonymous):

The planning began months ago this year



Hoping a CHPV benefit would magically appear.
Emails and phone calls were exchanged in a flurry;
We had to decide what and when in a hurry--
What month, what day, what time would be best
Questions to be answered before we could rest.
We huddled together week after week
Around a large table answers to seek.
Good food and lots of fun were priority number one;
This proved to be easy so that part was done.
Unique entertainment and the Polo Cafe with a fabulous menu
Featuring a Magician and a Sunday brunch was our venue.
That seemed easy compared to what tasks lay ahead;
The list was long and seemed endless when read.
The invitation had to be designed and put online
Sponsors had to be solicited and donations sought;
There were so many details involved with this list
Nothing was overlooked and nothing was missed.
A special thanks to our leader Cindy, so cool and organized;
Ava in the office and everyone involved should be recognized.
I am sure you are all tired of my efforts at rhyme
And everyone there had a wonderful time!



*This dove flew out of
an empty hat!*

Gala Friends: *Mary Young, Mary Ullinski, Maderia Myrieckes, Grace Williams, Sammie Dortch, Susan Alitto*

Silent Auction Donors



The Silent Auction was another source of delight and revenue. The generous donors include *The Great Frankini Magician* (Two Hours Worth of Magic for Your Party); *Margaret Huyck* (Purple Pleasures Dinner); *Carolyn Ulrich* (Garden Consultation); *Barbara Flynn Currie* (Lunch for Two); *Ruth*

Knack (Weekend Stay at her Cottage); *George Rumsey* (One-day Computer Class); *Cindy Pardo* (12" Zulu Telephone Wire Basket); *Chicago History Museum* (Behind the Scenes Tour of Costume Storage with Curator Petra Slinkard, and lunch for four at café); *Melissa and Mike Shakman, and Susan and Guy Alitto* (Four very good tickets to White Sox 2017 on the first base line, plus parking and World Series Memorabilia); *Jay Mulberry* (2 hours of PC computer help); *Cindy Pardo* (Private tutorial on knitting or crocheting); *Carol Cross* (Creche by Mexican artist Marco Arbarca); *Rita McCarthy and Steven Fox* (Two tickets to Lyric Opera performance of Das Rheingold Oct 22, upper balcony); *Yesomi (Somi) Umolu* (Behind the Scenes tour of the Logan Center with head curator Yesomi Umolu); *Earl Adams* (Brunch for two at La Quinta); *Henry Overton* (One Night Stay at the Hyatt Place South with Breakfast for two in the Gallery Café); *Christine Marringer* (Home Design Consultation with Principal of Divine Design Interiors); *Mary Rogel* (Spa Kit for your joints); *Marianne Crusius* (Alessi Double Bowl – polished stainless steel); *Mary and Michael Mastricola* (Gift certificate for La Petite Folie); *Toni Preckwinkle* (Lunch for 4 with Cook County President Toni Preckwinkle); *Susan O'Connor Davis* (Chicago's Historic Hyde Park, autographed by Susan O'Connor Davis); *Freehling Pot and Pan, Co.* (Gift Certificate for merchandise); *Sam Guard* (Architectural tour of Hyde Park by Sam Guard for 2-12 people); *Jay Mulberry* (First Edition book: Turn to the East by Caroline Singer and C. Le Roy Baldrige, 1926); *Lauren Alspaugh* (new painting of Chicago skyline); *Allison Hartman and Susan Alitto* (CHPV bag autographed by the logo artist, Daniel Clowes, plus several books by graphic artist Daniel Clowes).

50-50 Raffle Winner! Tom Mullaney, collected around \$750!



Net Gala Proceeds to Support CHPV will be around \$10,000.

SPONSORS: Our sponsors provide important resources to support our overall program. These include: *Hyde Park Bank, Hyde Park Produce, MAC Properties, Mather Lifeways, Montgomery Place, NowPow, Polo Café', The University of Chicago Medicine, The University of Chicago Medicine, Geriatric SHARE Network, The University of Chicago Office of Civic Engagement, Augustana Lutheran Church, Freehling Pot & Pan, Spinelli State Farm Insurance, and the University of Chicago Booth Graduate School of Business.*

Volunteer Fair Reveals Opportunities

The Drop-In on September 28 welcomed representatives from local non-profit organizations to tell us about their activities and how



volunteers help them achieve their mission. Most of them left additional materials in the CHPV office; if you would like more information, call the office or look the organization up on line.

The University of Chicago Hospitals: Currently have about 1200 volunteers filling a wide variety of positions (patient visits, playroom duty); candidates are interviewed and vetted, and expected to provide at least 100 hrs/year; volunteers receive free parking and a meal voucher for each 4-hr. shift



Hyde Park Neighborhood Club: Needs volunteers for homework help in the after-school program at 4:15; mentoring for middle and high school students who are not “on track”, with meetings 1-2 times/month.

“Little Inspirations” Day Care Center, located at Hyde Park Neighborhood Club: serves children 6 weeks to 6 yrs, with a focus on play and community; volunteers needed to assist, particularly for individual reading. All volunteers are vetted.

Experimental Station at 61st street: programs include bikes and bicycle works, working with children 8-20s on learning repairs and homework help; Farmer’s Market volunteers for setup and take down, making coffee and welcoming shoppers, handing out surveys. Outside market runs through October; winter market moves indoors, meets once a month and has the same volunteer needs..

Cook County Elder Justice Center (50 W. Washington in Daley Station) uses volunteers to augment its small regular staff; the Center provides free legal and social services to seniors (60+), and does community outreach seminars twice monthly. Volunteers receive training to become greeters, tour guides, assemble literature on a seminar topic, or (after an 8-week training) to provide peer counseling.

Louise McCurry represented the Hyde Park-Kenwood Community Conference, the Jackson Park and Harris Park Advisory Councils And the American Youth Soccer Organization, all of which rely heavily on volunteers to support park clean up and development and to periodic HPKCC activities.

The Kiwanis Club representatives reminded us of the many good works Kiwanis members support and sought to recruit new members to rebuild the local chapter.

The Ronald McDonald House sent a representative to tell about the opportunities for working with families and children who are being treated at Comer Children’s Hospital.



Keith Cooper, a member of Augustan Church and an instructor for the AARP Driver Education Course told us about the upcoming flea market fundraiser at Augustana and the opportunities to lower your auto insurance rate by taking the AARP class.

Last, but very important, CHPV told about the many opportunities and good works that our own Volunteer Program provides.

GETTING TO KNOW YOU... Ann & Cal Audrain and Family: *Ann is Treasurer of the CHPV Board, and regularly helps with lunch!*



Our family moved to Chicago in the 60s for Cal to take a job at the University of Chicago as a Facilities Planner. We had previously lived in Palo Alto, Boston and Philadelphia. Each of our children was born in a different state. I was a stay at home mom until our youngest entered first grade when I returned to school, earned my Masters in Early Childhood at U of I Chicago Circle and became employed at the Lab Schools teaching Nursery and Kindergarten for 30 years. After 19 years Cal changed jobs to the Art Institute of Chicago as Vice President for Operations.

As the children were growing up activities changed but the focus was always on family activities. We biked together, short trips along the lake but also overnight camping on the Sparta Elroy Trail. We were involved in field hockey, soccer and track and field and school activities. We camped and hiked during the summers. In addition to local weekend camping, each summer we also had a camping road trip including backpacking in the Smokies and Cascades. We visited all the continental states. When all the children were at home, travel always meant camping and backpacking. A motel was a real treat.

Our family has expanded to include spouses and grandchildren. We have a total of 8 grandchildren ranging in age from 3 months to 24



years. We love spending time with the grandchildren and often travel with our entire family. Our extended family has been on an African Safari, toured Morocco and ridden camels in the desert, visited Borneo and the Galapagos, sailed the Mekong and Amazon Rivers, crossed the Panama Canal, and visited Antarctica just to name a few places. Most of our trips have been during the Christmas holidays so we have not spent Christmas in Hyde Park for over 20 years. Now that we are retired we do additional traveling on our own and have enjoyed river cruising in Europe. Our house is filled with mementoes from our trips and the masks on our walls are from all over the world.

Retirement is great and we have many plans to keep on traveling and doing new things but ties to the community and University also remain strong. Cal's involvement with Gilbert and Sullivan continues and we are both active in the United Church of Hyde Park. We discovered the Park District senior exercise program and faithfully attend.

Christmas 2015 was spent crossing the Panama Canal and sailing up the Coast of Costa Rica; the youngest was just over a year and the oldest 79, a wonderful adventure.

PROGRAM REVIEWS

“Super-Agers” in Japan: The Chicago OWL Chapter, CHPV, and SHARE co-sponsored a program on Saturday, October 1, featuring a Japanese geriatrician sharing her observations about how the changing demographics of Japan are impacting medical practice. *Chisato Fujisawa, M.D.* is in the U.S. while her husband does post-doc medical research; Chisato is learning about geriatric practice in the U.S. by “shadowing” Katherine Thompson, M.D., the Director of the SHARE project.

Similar to many countries in the world, the Japanese population is aging. Individual lives are longer, she believes largely because of healthy diets; the challenge is to increase the healthy life span as much as the surviving lifespan. In addition, because the birthrate



has declined substantially, and the country does not welcome immigrants, the overall population is growing much older. While this is considered a “success” it also creates substantial problems. Because Japan has provided nearly universal health care, the rising costs of medical care are nearing crisis. The goal is to help elders and die at home, but the social systems (such as volunteer village organizations) are not well developed. There are not enough family caregivers to provide unpaid elder care, and they do not have the immigrant populations that often fill those positions in this country. While the engineers have developed many ingenious products to help the elderly remain at home, these are not yet adequate.

Should we look at Japan for our future? Will we “escape” their problems through our traditions of volunteerism and immigration? Can we extend the years of healthy aging as fast as survival?

OTHER VILLAGE PROGRAMS TO ENJOY

Program Committee Established by Board

In order to coordinate and screen the programs offered by the Village, we now have a Program Committee, initially chaired by Susan Alitto. (Wanted: Committee members and/or Chair!) If you would like to join the committee and/or have an idea for a program, write up a description of your idea, the person responsible, when and where it would occur, any budget/expenses involved and how the expenses can be covered. Turn it into the office or to Susan.

Drop-In Programs

General Schedule: Meet 2nd and 4th Wednesday almost every month at Augustanna Lutheran Church, 5500 S. Woodlawn; parking in lot east of the building. 10:30 Check in and 45 min of “age friendly” exercise by various experts, book/jewelry exchange, announcements, and delicious luncheon at noon. One week/month the main dish is provided by Hyde Park Produce; the other luncheon is prepared by our own superb cooks – Ann Audrain, Marianne Crusius, and others. After lunch is a program of interest to our community. Cost: \$7 for non-members of Village, \$5 for members. (Members pay annual dues to the Village organization.)

- Wednesday, October 12: Medicare and Long Term Care



- Wednesday, October 26: Updates on Medicare Panel with *Pat MacClarence, Stacie Gary, and SHARE members.*
- Wednesday, November 9: U.S. Super-Agers, *Emily Rogalski*
- Wednesday, November 23 NO DROP IN;
- Thursday, November 24: COMMUNITY POTLUCK DINNER, 1 PM at Augustanna Lutheran – bring a generous dish to share; contribute some \$\$ for tableware and cleanup; volunteer!!

New Writing Program at Drop In: Just begun – opportunity to record your thoughts, and share them! During or after drop ins... Member writings are posted at chpv.org.

Knitting and Crocheting: Learn a new skill – or practice what you already enjoy, with like-minded neighbors! Cindy Pardo, a skilled artist (and the Secretary of the Board) will be Montgomery Place every Thursday at 1:30 p.m. Montgomery Place is at 56th and Lake Shore.

Discussing Books About Hyde Park: In collaboration with the Hyde Park Historical Society, this group gathers to discuss books centered around a theme especially relevant to Hyde Park and Hyde Parkers (for example, Leopold and Loeb, the World's Fair of 1893). Readers are encouraged to read anything they can find about the topic, and come together to consider various perspectives. Group meets at 7:30 on the third Monday each month in the Community Room of Treasure Island (downstairs).

Game Night: Meet in the Community Room at Treasure Island at 7 p.m. on the 2nd and 4th Wednesday evenings to play or learn games. Another opportunity to have fun with folks you already know – or would enjoy knowing!

Pot Luck Suppers! When can you host a pot luck??

SAVE THE DATES FOR THESE SPECIALS!!

- **October 23: Chicago a Capella “Birds and the Bees” concert, with Dr. Ruth Westheimer:** Periodic concert by a terrific choral group, this time singing about love and lust. The guest narrator

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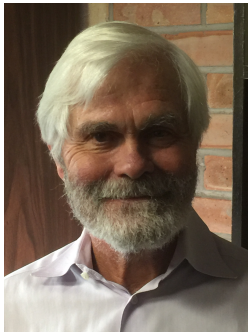
will be Dr. Ruth, of radio and tv fame. Margaret Huyck and Carol Cross will be meeting Dr Ruth and interviewing her for our newsletter, to find out what she hears from older folks about the issues in her expertise. Local concert is Sunday afternoon at 4, October 23, at Logan Center. Reserve at chicagoacappella.org.

- **November 4: HPNC Honors President Margaret Huyck for Board Leadership!** The Hyde Park Neighborhood Club is having their Annual Meeting Gala on Friday, November 4, 6-9 p.m., with light dining, music and silent auction. Basic tickets are \$85; to reserve contact HPNC.
- **November 5: OWL Hyde Park "What Next??"** Steve Edwards, Executive Director of the Institute of Politics at the University of Chicago, and formerly of WBEZ, will discuss the future of politics after this campaign. Meet at Treasure Island lower level community room; 1:00 Social Time, 1:30-3 Program. Bring goodies to share. All welcome.
- **November 10: Hyde Park Chamber of Commerce Honors member Stephanie Franklin.** 5:30, reception, dinner, program, raffle; at La Quinta Inn, 4900 S. Lake Shore Drive, Chicago. Tickets \$85; reserve at HPCC, 1715 E. 55th, Unit B, Chicago 60637
- **November 19-20: De-Clutter with Company Offer!** We have talked a lot about de-cluttering, and here is a special offer to support our Village. Margaret Huyck is moving, and is assembling a lot of items which need new homes. If you also have such items, and are willing to do a shared project with professional guidance: identify what nice things (artifacts, clothing, even really nice furniture) you would like part with. Tell Margaret what you have. Get it to her current home by November 4. Whatever we collect in my more-empty house will be arranged by Candace, a professional who does estate sales (and gave a presentation at a Drop-In last year). Candace will hold an estate sale on November 19-20. Proceeds will go to cover Candace's fees; the remainder to be split between the Village and moving expenses. If this sounds like an answer to your clutter nightmares, talk to her (312-833-0415)
- **Thursday, November 17, CHPV Anniversary Celebration –**
At Hyde Park Bank



- **Thursday, November 24, Community Thanksgiving Dinner** – co-sponsored by CHPV and Augustana Lutheran Church; plan ahead to volunteer!
- **Sunday, February 26, 2017:** Music for All Ages at First Unitarian

Staff / Leadership Updates:



Welcome to the Board, **John Disterhoft**! He introduces himself:

“I was raised in Iowa, where I attended college as a major in Psychology. Then, wanting to spend some time away from the Midwest, I went to graduate school in Psychology at Fordham University in New York City. Following graduate school, I did a postdoctoral training stint in Neurobiology for three years at Caltech in Pasadena. I took a position at Northwestern University Medical School in Chicago and have been on the faculty at Northwestern since then. My laboratory group and I study learning in young and aging brain. We are currently focusing on mechanisms for long term memory storage as well as how memory storage changes as brains age. I am currently the Ernest J. and Hattie H. Magerstadt Memorial Research Professor in the Department of Physiology at the Feinberg School of Medicine.

My wife, Josie, is an Early Child Educator and Administrator. Josie and I live in Hyde Park, in a town house that we renovated when our children were young. We also have a cabin on the St Joseph River in Buchanan, Michigan where we go on most weekends we are home. I enjoy spending time outdoors and have the opportunity to do many of the things I love in Michigan. Josie and I have two children. Our daughter, Judith, is a family physician who recently completed her residency at West Suburban Hospital in Oak Park. She has just begun a position at the Kaiser Permanente Hospital in Woodland Hills, CA, a suburb north of Los Angeles. Our son, Jason, and his wife, Emily, and our grandsons, Calvin John and Isaac, live in Berkeley, CA. Jason works in the not-for-profit world. He directs the initiative



to reduce fossil fuel use at Rainbow Action Network in San Francisco.

I currently serve on the SASI Board of Directors, the Board of Directors of the Chicago Methodist Social Services, and the Brain Research Foundation Scientific Advisory Board. I have previously served on the Board of the South East Chicago Commission, the Stewardship Committee of St. Thomas the Apostle Church and a variety of boards and committees related to my academic and research endeavors.”

- Welcome back, **Lauren!** Lauren Alspaugh, our Director of Village Development, is back after helping her elderly mother die. She will be working part-time with colleagues Ava Salonis, Director of the SHARE Program Collaboration, and Rod Sawyer, Director of Operations. All are working part-time.

- Welcome to our new Intern, **Mackenzie Buss!** If you see a friendly



young face in the CHPV Office and at various CHPV activities, it is likely to be Mackenzie Buss. Mackenzie is just starting the MA program in social work at the School of Social Service Administration at the University of Chicago. She will be doing her internship at CHPV from now until June supervised by Kitty Mann. Mackenzie received her BA from Notre Dame in May 2015 Summa Cum Laude and Phi Beta Kappa. She had a double major in psychology and history. In addition to her outstanding academic achievements Mackenzie brings with her to CHPV a strong interest in social justice and ethics which she pursued in both her work and service activities while in college. Also Mackenzie was involved with several research projects while at Notre Dame—CHPV will be delighted to tap her knowledge and perspective as we think about research for some of our programs. She has long felt that she would like to work with older adults, exploring the issue of health literacy in the older adult population in an essay for her graduate school application. Mackenzie and our SHARE activities are a great match. When you see Mackenzie in the next weeks please introduce yourself and



welcome her to CHPV. In a short conversation you will be treated to her friendliness, curiosity, thoughtfulness and lovely sense of humor. Future Newsletters will bring you more details about Mackenzie and the things she is doing at CHPV.

- Welcome to our UC Booth Business School Fellows, **Katherine Gluck and Kenny Kristianto**. They will be working on a plan for financial sustainability for the Village.

BOARD MEMBERS

Margaret Huyck, President
Susan Alitto, Founding Pres.
Rita McCarthy, Vice President
Cindy Pardo, Secretary
Ann Audrain, Treasurer
Jane Comiskey

Marianne Crusius
John Disterhoft
Allison Hartman
Ismail Turay
Gary Worcester

STAFF

Lauren Alpaugh, Development Director
Ava Salonis, SHARE Project Coordinator;
Irene Freelain, Financial Consultant
Roderick Sawyer, Operations Consultant

Newsletter Staff: Margaret Huyck, Editor Pro Tem; Contact me to take over this fun job!!!